



Best Ever Miso Soup



Ingredients for the Dashi:

- 4 cups water
- 1 piece Kombu ($\frac{1}{3}$ oz, about 4 inches x 4 inches)
- 1 cup Katsuobushi (dried bonito flakes).

For the Miso Soup

- 7 oz firm tofu (Kinugoshi Dofu), pressed
- 4 TBLS Yamabuki® Shiro (white) Miso paste (1 TBLS for every 1 cup of dashi).
- 1 TBLS dried Wakame seaweed
- 1 Green onion/scallion

Method:

1. Place a plate inverted onto the kitchen counter top, and then place several layers of paper towels on to it. Cut a $\frac{1}{4}$ " thick block of tofu and place it onto the paper towel stack. Cover the tofu with another stack of paper towels and place a second plate, right side up, on top. This is to press the soybean milk out of the tofu, and the paper towels will soak up the liquid. If the top plate is light in weight, simply add a cup of water to the upper plate's center.
2. Cut the green onion into thin rounds.
3. To make the Dashi, add the water and Kombu to a medium saucepan. NEVER wash Kombu and do not remove the white substance—that is Umami!
4. SLOWLY bring it to temperature on medium-high heat to extract as much Umami from the Kombu as possible (about 10 minutes, or until little bubbles appear).
5. Right before the stock boils, remove the Kombu, and discard.
6. Add the miso (typically, 1 TBLS of miso paste for every 1 cup of dashi), using a fine-mesh strainer, and stir with chopsticks to dissolve the miso completely.
7. Turn down the heat to medium, and place the Katsuobushi into a fine-mesh sieve and immerse into the water for 1 minute. Lift the sieve above the water line and use chopsticks to extract as much liquid as possible from the bonito flakes.
8. You now have roughly 4 cups of *Awase Dashi*.
9. Cut the tofu into $\frac{1}{4}$ cubes and add to the miso soup.
10. Add the dried Wakame seaweed.
11. Add the chopped green onions right before serving to keep their fresh fragrance and color.
12. Reheat the miso soup until it is just hot. NEVER BOIL miso soup because it loses nutrients, flavor, and aroma.